



QUALITY OF LIFE IN CHILEAN TRANSGENDER CHILDREN, ADOLESCENTS AND THEIR PARENTS



Carolina Mendoza (1,2), Alejandro Martínez-Aguayo (2) Mónica Flores (3), Cristóbal Morales (4)

(1) Endocrinology Unit, Pediatrics Division, Hospital Clínico La Florida

(2) Endocrinology Unit, Pediatrics Division, School of Medicine Pontificia Universidad Católica de Chile

(3) President Renaciendo Foundation

(4) Psychiatry Department, School of Medicine Pontificia Universidad Católica de Chile

INTRODUCTION AND OBJECTIVE

Quality of life (QOL) is a multidimensional concept that includes physical, psychological and social aspects. Transgender (TG) children undergo problems in school and with family and friend relationships. These negative effects on physical and psychosocial health can impair their quality of life. There is little information about quality of life in transgender children and adolescents.

This study aims to assess health-related quality of life (HRQOL), in a group of Chilean transgender (TG) children and their parents, and compare them with Chilean cisgender (CIS) children and their parents.

METHODS

Health-related quality of life (HRQOL) was assessed using the KIDSCREEN-52 questionnaire (1,2). This contains 52 items covering ten domains: "social acceptance", "moods", "emotions", "physical well-being", "psychological well-being", "self-perception", "school environment", "parent relations", "family life", "economic resources", "autonomy", and "social support and peers"

The Spanish version was administered via e-mail in a group of Chilean transgender children between 8–18 years and their parents. The results were compared with a group of Chilean cisgender (CIS) children and their parents. All scores were standardized according to the KIDSCREEN manual and *t*-scores were used for each of the 10 dimensions. Higher scores indicate greater HRQoL.

RESULTS

- 38 children completed the questionnaire, aged 8.4-18 years. 21 were TG: 6 (29%) transfemale (14.3 [10.9-15.7] years) and 15 (71%) transmale (15.2 [14.0-18.0] years). 17 were CIS- children: 13 females (76%) (10.6 [8.7-13-1] years) and 4 males (24%) (13.6 [10.5-14.4] years).
- 62 parents' questionnaires were completed: 33 from transgender families and 29 from cisgender families.
- KIDSCREEN Results are shown in Table 1.



Table 1. KIDSCREEN results

	TRANS Subjects (n= 21)		CIS Subjects (n=17)		p	TRANS Parents (n=33)		CIS Parents (n=29)		p
	mean	SD	mean	SD		mean	SD	mean	SD	
Physical Well-being	43.04	15.2	59.59	8.84	***	48.26	13.58	62.66	6.65	**
Psychological Well-being	38.36	16.7	56.91	5.63	***	49.18	11.97	59.32	7.57	**
Moods & Emotions	31.11	17.6	55.05	7.97	***	38.97	15.38	52.45	8.34	**
Self-Perception	41.72	11.3	56.29	5.91	***	40.18	7.63	50.35	4.62	**
Autonomy	45.29	11.8	56.06	6.76	**	49.26	8.98	55.42	6.33	**
Parent Relations & Home Life	46.03	8.72	56.34	4.62	***	52.52	7.04	54.94	5.91	NS
Financial Resources	44.94	11.4	52.32	6.57	*	49.90	9.41	55.32	7.47	*
Social Support & Peers	46.47	13.6	56.61	7.31	**	51.61	10.11	55.14	8.8	NS
School Environment	50.05	11.1	59.78	5.67	**	53.57	8.93	60.47	5.3	**
Social Acceptance	38.77	13.1	50.21	8.77	**	40.73	11.51	49.70	7.65	**

***p<0.001, **p<0.01, *p<0.05

CONCLUSIONS

Our results revealed that Chilean TG children have worse QOL compared to CIS children in all domains. The lower scores were related to mental health issues: "moods & emotions", "psychological well-being" and "social acceptance". On the other hand, the best score in children and parents was in the school environment. Identifying these areas of difficulty is important to design intervention strategies, including school, in TG children and their families, in order to improve their quality of life.

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